



YPK newsletter Vol. I January – March 2015

The YPK Bali Team

We have called 2015 a year of collaboration, because we believe that as a not-for profit organisation, collaboration creates a bigger and better impact for the community. Since YPK began, we have worked together with various parties, both individually and organisationally, to support the services we offer to the poor who have disabilities. These collaborations have changed thousands of people's lives!

We kicked off this year by developing new collaborations with Dhyana Pura University-Bali, Reade-the Netherland, and Yayasan Rumah Sehat. We also continue and even strengthen our ongoing collaborations with Inspirasia Foundation, HAN University-the Netherland and many other parties that will be part of this year's journey too. All of these mutual relationships aim to improved our future developments which will extends to help more of Bali's most disadvantaged people.

In addition, we have also improved the quality of our performance. Based on the monitoring and evaluation of 2014 our programs, we have refined the way we are delivering programs and services. We work closely with families and build independence for all patients. Every single therapy session and learning activity is designed to make each patient more independent and more likely to reach their potential.

All of us are looking forward to seeing how these collaborations and innovative programs will grow and create more positive change in the community.

Purnawan Budisetia – Founder and Director

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*Cover photo by: Naning Sudiarsih
Photo one of our clients in Mobile Clinic Program*

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Reaching More People in Villages

The YPK Mobile team has expanded its service area to three more villages: Timuhun Village in Klungkung Regency, Selat Village in Karangasem Regency and Penebel Village in Tabanan Regency. During visits to these villages, the mobile clinic team provides their traditional service model and individualised home visits.

The mobile clinic team will continue to regularly provide home visits to maximise the patient's ability to be independent in their home using existing resources. The patients will then continue to do exercises at home. The mobile clinic team will also help the family with ideas on how to mobilise safely and best assist their family member who has a disability.

This service will ensure that those patients who live far away from our centre, and do not have means of transportation, can still receive a quality and effective service from YPK Bali. As an impact, in our first three months of 2015 there are 20 people could now improved their quality of life during this period.



Diah (physiotherapist) is teaching a patient to do an exercise while sitting in his wheelchair

Valentine Day into the Lesson Plan

“The children also often have difficulties understanding and expressing their feelings.”

Valentine's Day is an exciting moment for everyone around the world. However, for many children with disabilities, they do not know about this day of expressing love and desire. The children also often have difficulties understanding and expressing their feelings.

The teachers at YPK try to help our adult students to overcome these challenges. Valentine's Day was the inspiration for a lesson plan that focused on the students undertaking a meaningful project while expressing love and kindness to people around them. The project required ten students to cook chocolate and sell it to anyone who wanted to celebrate Valentine's Day with chocolates. The process of planning and executing the project brought lots of opportunities for the students to learn.

Promoting their products has encouraged the students to be more confident, cooking chocolate has taught them about following a sequence, and packaging has provided them a chance to show their creativity. It was a smashingly successful project. The students sold forty-one boxes of chocolates and generously donated all the profit to help five children who need additional support, i.e. food supplies or clothes.

This project taught the students about giving and loving friends and families, even though there are limitations. The students were able to share their happiness in different ways. Due to the success of this project, there are now plans for many upcoming projects to be conducted in order to give meaningful learning experiences to the students at YPK.



Providing good nutrition for children with physical disabilities can be difficult. Often, children with physical disabilities have difficulties with chewing their food and coordinating their swallowing. They also often have poor appetites. Sometimes, parents continue to treat their child as a baby or feed them the same type and consistency of food which makes it hard for the child to learn new eating and drinking skills.

YPK recognises this issue, and has continued to provide informative workshops to YPK parents on the theme of eating, drinking and good nutrition. Last year, the first workshop was delivered by Alexandra Kay, (an Australian Volunteer for International Development). The workshop included information about safe swallowing, positioning, food and drink options. On January 2015, dr. Gde Ngurah Indraguna Pinatih (nutritionist) provided a workshop to inform YPK parents on how to provide a good variety and quantity of food for children with physical disabilities.

Good nutrition is essential for children to reach their growth milestones, as well as support their therapy programs. From the workshop, the parents learnt about the dangers associated with eating artificial and high sugar content foods. Eating this diet can cause a child to become overweight, which is linked with a range of health issues. This session with dr. Indraguna had a huge impact on the YPK parents, with many of them indicating that they will change their feeding habits and start to be more creative with their cooking to ensure a nutritional diet for their child.

Promoting Good Nutrition for the Disabled



In this newsletter edition we would like to take a look back the history of YPK and explain why we run a program called BaliRungu. Since YPK was established, we have focused on physical disabilities, such as stroke, cerebral palsy, and progressive muscular dystrophy.

However, along this journey we have noticed the limited access for low-income families to ear, nose, and throat (ENT) medical checkups. This included the difficulties of access to hearing checks for people who are diagnosed or suspected to have hearing problems, and inadequate support for families with a family member who has a hearing problem. Also, hearing problem seemed to increase amongst youth or adult due to the lack of awareness around ear health.

Therefore, YPK committed to continue BaliRungu, which was formerly Bali Hears operating under Yayasan Kemanusiaan Ibu Pertiwi (YKIP). BaliRungu was launched in July, 2012 under YPK's umbrella. YPK-BaliRungu is a program that provides assistance to people with a hearing problem by providing hearing assessment, access to an ENT specialist and subsidized hearing aids. We also provide support for families who need assistance with communication development, information or advices.

By March 2015, the BaliRungu team has reached 6,235 people. Supported by the ENT Unit of Sanglah Hospital and PGPKT Bali, we have successfully conducted preventive and curative programs in schools and villages around Bali. In every visit, Christy (BaliRungu's Audiologist) always delivers an education session. It aims to increase awareness to people about hearing loss prevention. We educate the community about habits that should be avoided in order to keep their ears healthy and how to clean their ears in a proper way.



BaliRungu – Fast Facts

1. Staffed by an audiologist to run all of BaliRungu's activities.
2. Field surveys are mandatory to ensure hearing aids are distributed fairly before it given.
3. We have found 2 cottons from cotton buds inside an ear of a 5 years old child.
4. All of the parents that we helped assume that after wearing hearing aids, their children will automatically be speaking and hearing like a normal person.

READE

Facilitated and supported by the Annika Linden Centre, YPK Bali and Puspadi Bali have finally started receiving the training program from READE, the Netherlands to improve rehabilitation services for patients with Cerebral Palsy.



Undhira-Bali

Since February 2015, YPK Bali has worked in collaboration with Dhyana Pura University, who is eager to be involved in providing physiotherapy to vulnerable communities.



ENT Unit-Sanglah Hospital

We continued working together with ENT Unit of Sanglah Hospital. End of March, we provided hearing check and handed 2 hearing aids for community in Besakih Temple.



HAN University

YPK Bali was very proud to continuously work with HAN University of Applied Sciences (in the Netherlands) to improve therapeutic services for the most needy in Bali through research, practical project and specific project.

YPK's Collaborations

We do love collaborations! Following are numbers of collaboration that we have developed with various parties.

Rumah Sehat

Rumah Sehat is a humanitarian project based in East Bali that is managed by Ray and Sue Bishop from the Rotary Club Bali Taman and the Rotary Club Hope Island.

YPK Bali was very fortunate to collaborate with Rumah Sehat to support the people of Bunutan in East Bali. We conducted our first assessment for 13 adults and children who face physical challenges.

We have given our best to support those people in Bunutan, but are limited by our currently available human resources and equipment. We have helped them to make medical referrals to ensure their condition, and we are also developing basic exercises sheets as for home use.

Denpasar Municipality

Supported by the Health Bureau of Denpasar Municipality, YPK Bali successfully delivered physiotherapy and hearing programs to 669 people. This activity lasted two months and each week went to a different location. The teams reached their target of 11 locations in Denpasar with between 30 and 80 patients per day.

We wanted to increase access to physiotherapy to engage more people to be aware of physical risks and to improve the health of people in Denpasar.

Photo from our collaboration with Rumah Sehat on doing first assessment for adult and children in Bunutan



Puraja-Bangli

By the end of March, YPK extended services to Banjar Puraja (banjar means village cluster) in Bangli Regency. We went with local volunteers from various backgrounds, including specialist doctors, medical students, teachers, and students from local universities in Bali.

As a team, we had aimed to help people in Puraja to get medical checkup, such as general checkup, ENT checkup, dermatology checkup and physiotherapy checkup.

These are facts that we received after services was delivered.

- 30 children had ear problem
- 29 patients had skin disease
- 28 patients had physical problems

We focused on only a small number of targeted patients in a very specific area. According to our data, many people in Puraja have limited knowledge of personal hygiene and this affects their health problems. Therefore, we incorporated educational information into our program, so the patients would be aware of preventative actions they could use in the future.

Recognition Corner

YPK Bali would like to recognize our following outstanding partners for the first quarter in 2015, and offer our gratitude for their generosity and commitment.

Inspirasia Foundation
Pancaran Kasih Bunda
HAN University of Applied Sciences
Universitas Dhyana Pura-Bali
READE
Bali Sport Foundation
Yayasan Ekoturin-EBPP
SMF THT - RS Sanglah
Surfer Girl Bali
Hearlife Jakarta
Slash Rock Bali
Komedik Bali
Donna Powell
Edward Kosasih
Ida Wijayanti
Jero Mastrining
Luh Putu Yumiasih
Anita Puspita Sari
Lisa Ismiandewi
Kadek Januarsa Adi Sudharma
Inneke Rizka Nanda
Ni Made Daniati
Ni Kadek Ayu Diah Natalia
Eka Agustini
Dr.dr.Gde Indraguna Pinatih,M.Sc,Sp.GK
dr. I Putu Gede Karyana, Sp.A
dr. I Gst Nym Darmaputra, SpKK
dr. Ryan Rinaldy Marsaoly
dr. Pt Ayu Diah Nareswari Daryago



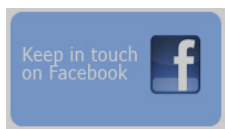
For more information

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Opening hours

Monday-Friday 8am-3.30pm
Saturday 8am-1pm



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